

Dance Classes for Teens & Adult

Hip-Hop for Adults

Do your fantasies have a hip-hop soundtrack? Turn off the TV and try this class. You'll get the moves from your favorite music videos and get a great dancer's workout while having fun. Learn and perfect hip-hop basics from our experienced and caring instructor. This is a fun, non-competitive class just for adults. Music is carefully selected from current hits. Ages 18+.

Please Note:

- Instructor: Kenyatta Ali.
- Wear sweat pants/shorts (no jeans) and comfortable athletic shoes.
- No class held December 20-27.

Ballroom & Latin Dance for Dummies

Participants will learn Cha Cha, Rumba, East Coast Swing, Waltz, Tango, Foxtrot and Merengue. You'll learn from an experienced instructor in a fun comfortable atmosphere. This class will improve your dance style and build coordination, even if you have two left feet! Singles and couples welcome. A practice CD is included in the class fee.

Ages 16+.

Please Note:

- Instructor: Melissa Lenon-McColloch.
- Wear ballroom or leather-soled shoes.
- No class held October 31.

Sizzlin' Salsa Dance

Participants will learn Salsa, ChaCha and Merengue, starting with beginner patterns and ending with intermediate patterns. Salsa is one of the hottest club dances in the Bay Area! Merengue is marvelously simple. Lastly, ChaCha is a must for grooving to slower club tunes. Singles and couples welcome. A practice CD is included in the class fee.

Ages 16+.

Please Note:

- Instructor: Melissa Lenon-McColloch.
- Wear ballroom or leather-soled shoes.
- No class held October 31.



Belly Dance: All Levels

Belly Dancing is an excellent way to concentrate on balance, coordination, flexibility, muscle tone, stamina and posture. The Beginning class will introduce warm up moves, basic steps and finger cymbals. The Intermediate class will use all the techniques learned in the Beginning class, plus veil work, spins and transitions from one step to another. Advanced Level students will be introduced to the final movements and development of the stomach. Ages 15+.

Please Note:

- Instructor: Dunia.
- Wear workout clothes and scarf to tie around hips.
- A material fee of \$12 is payable to instructor at first meeting to purchase finger cymbals.

Act. #	Course	Age	Day	Time	Date	Location	# Class	Fee (N-R / Res)*
1540.401	Hip Hop - Adult	18+	W	8:30-9:30 pm	Oct 4-Jan 10*	SAL	13	\$108 / \$98
1531.401	Ballroom/Latin 4 D.	16+	Tu	7:00-7:55 pm	Oct 3-Nov 28*	SAL	8	\$90 / \$80
1546.401	Sizzlin' Salsa	16+	Tu	8:00-8:55 pm	Oct 3-Nov 28*	SAL	8	\$90 / \$80
1532.401	Belly Dance - Beg.	15+	M	6:30-7:30 pm	Oct 2-Nov 6	SAL	6	\$58 / \$48
1532.402	Belly Dance - Beg.	15+	M	6:30-7:30 pm	Nov 20-Dec 18	SAL	5	\$50 / \$40
1533.401	Belly Dance - Inter.	15+	M	7:30-8:30 pm	Oct 2-Nov 6	SAL	6	\$58 / \$48
1533.402	Belly Dance - Inter.	15+	M	7:30-8:30 pm	Nov 20-Dec 18	SAL	5	\$50 / \$40
1534.401	Belly Dance - Adv.	15+	M	8:30-9:00 pm	Oct 2-Nov 6	SAL	6	\$28 / \$28
1534.402	Belly Dance - Adv.	15+	M	8:30-9:00 pm	Nov 20-Dec 18	SAL	5	\$18 / \$18

* = Fees are listed as Non-resident / Resident prices. See "Please Note" in class description.

Dance Classes for Teens & Adults

Cardio Latin 1

Dancing burns hundreds of calories! You'll learn exciting dance material in ChaCha, Samba, Jive and Salsa - as seen on "Dancing with the Stars!"

Ages 16+.

Please Note:

- Instructor: Melissa Lenon-McColloch.
- Wear ballroom or leather-soled shoes.
- No class October 31.

Wedding Dance Survival

Learn the basics of wedding dance survival as well as adding some flare! You will learn tricks to looking natural and add excitement with spins and dips. Please bring your wedding song, if possible, and shoes similar to those you will wear during the first dance. Wedding couples, parents, and bridal party members are welcome. Light refreshments are included. No experience needed. Ages 16+.

Please Note:

- Instructor: Melissa Lenon-McColloch.

Ballroom Bootcamp

Start your weekend with the unforgettable experience of learning to dance. You will experience the grace of Waltz, drama of Tango, and charm of Foxtrot. You will enjoy the music of Frank Sinatra, Michael Buble, Tony Bennett and more. Light refreshments included. No partner or experience is necessary.

Ages 16+.

Please Note:

- Instructor: Melissa Lenon-McColloch.
- Wear ballroom or leather-soled shoes.



Latin Dance Bootcamp

Your weekend will get a sizzling start with 3 hours of 3 exciting Latin dances - Rumba, ChaCha and Jive/Swing. You will learn the basics of sultry Rumba, playful Cha Cha and rockin' and rollin' Jive. Light refreshments included. No partner or experience necessary.

Ages 16+.

Please Note:

- Instructor: Melissa Lenon-McColloch.
- Wear ballroom or leather-soled shoes.

Salsa Bootcamp

Do you want to spice up your life? Salsa will do just that! Join us for 2 hours of exciting Latin rhythms - Salsa and Merengue. You will learn the basic partnering techniques, Latin style and dance patterns. Be prepared to have fun, break a sweat and meet new people. Light refreshments included. No partner or experience necessary.

Ages 16+.

Please Note:

- Instructor: Melissa Lenon-McColloch.
- Wear ballroom or leather-soled shoes.

Registration Begins

September 7 for Milpitas residents
September 21 for non-residents

Be sure to register early. Classes with low enrollments will be canceled a few days prior to their start dates.

Refund Policy

*Please choose your classes wisely,
see page 49 for our refund policy.*

Act. #	Course	Age	Day	Time	Date	Location	# Class	Fee (N-R / Res)*
1504.401	Cardio Latin 1	16+	Tu	6:00-7:00 pm	Oct 3-Nov 28*	SAL	8	\$80 / \$70
1520.401	Wedding Dance	16+	Sat	9:30 am-12:30 pm	Oct 7	SAL	1	\$45 / \$35
1520.402	Wedding Dance	16+	Sat	9:30 am-12:30 pm	Jan 6	SAL	1	\$45 / \$35
1521.401	Ballroom Bootcamp	16+	Sat	1:00-3:00 pm	Oct 7	SAL	1	\$35 / \$25
1521.402	Ballroom Bootcamp	16+	Sat	1:00-3:00 pm	Jan 6	SAL	1	\$35 / \$25
1522.401	Latin D. Bootcamp	16+	Sat	9:30 am-12:30 pm	Oct 14	SAL	1	\$45 / \$35
1522.402	Latin D. Bootcamp	16+	Sat	9:30 am-12:30 pm	Jan 13	SAL	1	\$45 / \$35
1519.401	Salsa Bootcamp	16+	Sat	1:00-3:00 pm	Oct 14	SAL	1	\$35 / \$25
1519.402	Salsa Bootcamp	16+	Sat	1:00-3:00 pm	Jan 13	SAL	1	\$35 / \$25

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Art & Music Classes for Adults

The Joy of Color

NEW!

Unlock the artist inside of you with an innovative proven technique of painting landscapes in oils. You don't have to know how to draw in order to paint. You will complete remarkable paintings and develop a fun and relaxing creative outlet. Students are required to supply their own paints, brushes and supplies. Ages 16+

- Instructor: Doreen Walker.
- A supply list is available at the Community Center, or contact the instructor at (510) 770-1384 or dpw49one@yahoo.com.

Classical Guitar - Beginning

In only four lessons you will play seven beautiful classic pieces the instructor has adapted for the beginner. No need to read music or sing because you will be playing melody. Students **MUST** attend first class since the other classes build upon it. Ages 10+.

Please Note:

- Instructor: Joyce Byrne.
- Students should bring a guitar.



The Milpitas Community Concert Band enters its 14th season and is always looking for new members. Rehearsals are held Wednesdays, 7:00-9:00 pm at the Milpitas Community Center, 457 E. Calaveras Blvd. Musicians skilled in woodwind, brass and percussion instruments are invited to join. Members must provide their own instrument and be able to read and play music. New members may join at any time. A variety of family-style concerts and performances are scheduled throughout the year.

Activity Code: #1799.813 • Annual Fee: \$90

Ages: 14 and up (minimum 2 full years playing experience)

Act. #	Course	Age	Day	Time	Date	Location	# Class	Fee(NR/Res)*
1934.401	The Joy of Color	16+	Tu	1:00-4:00 pm	Oct 3-Nov 7	MCC	6	\$90 / \$80
1934.402	The Joy of Color	16+	Tu	1:00-4:00 pm	Nov 14-Dec 5	MCC	4	\$63 / \$53
1934.403	The Joy of Color	16+	Tu	1:00-4:00 pm	Jan 2-23	MCC	4	\$63 / \$53
1722.401	Classical Guitar - Beg.	10+	M	6:00-7:00 pm	Oct 23-Nov 13	MCC	4	\$98 / \$88

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Wood Working, Dog Obedience & Wellness Classes for Adults

Fundamentals of Woodworking

This is an entry-level class for beginners and/or as a refresher for people who have done woodworking in the past. This class will stress woodshop safety and the safe operation of the power tools in the shop. Students will learn how to select wood, plan a project and learn various wood joinery techniques, including dowel, dado, and rabbit joints. A wall curio cabinet will be constructed using 95 % of the power tools in The Sawdust Shop's woodshop. Ages 18+.

Please Note:

- Instructor: Vic Hageman, The Sawdust Shop Staff.
- Sawdust Shop, 452 Oakmead Pkwy, Sunnyvale. (408) 992-1004.
- A \$45 material fee is payable to instructor at first class.

Traditional Chen Family Taijiquan

Chen style Taiji (Tai Chi) is widely acknowledged as the ancestor of all other Tai Chi styles and it incorporates both martial and health benefits. This class introduces the chen taiji form, silk-reeling exercise and qugong, which form the foundation of the Tai Chi system. Chen style taiji involves powerful stances, stomping and explosive releases of energy, but can also be performed slowly and gracefully. Tai Chi promotes lifelong physical wellness, improves the mind-body connection and physiological functions, helps reduce stress and improves concentration and the immune system. Silk-reeling exercises increase the mobility of body joints and improve body coordination and strength. Ages 16+.

Please Note:

- Instructor: Ging Loren Chin.
- Wear comfortable clothing and athletic shoes.
- No class held November 23, December 21-January 4.

Tai Chi for Fitness 1 & 2

Tai Chi (Chuan) is an ancient Chinese martial art which people exercise for good health and self defense. Movements are performed in slow motion which promotes body balance, weight control, muscle stretch, coordination and relaxation. Level 1 is 64 moves Yang style Tai Chi. Level 2 is a continuous class which the movements expand to 108 moves. Ages 18+

Please Note:

- Instructor: Bill Wong.
- A \$5 material fee is payable to instructor at first class.
- Wear comfortable clothing and athletic shoes.
- Instructor will supply a description and illustration of Tai Chi movements. This class is not recommended for those with severe knee problems.
- No class held November 10 and 24.

Dog Obedience

Have fun with your dog while teaching it to listen! Dogs learn to sit, stay, come, get along with other dogs, go for a walk without pulling and greet people without jumping. Intermediate class is for those wishing to refine beginner skills for show readiness. Ages 18+ (minimum age of dog is 6 months).

Please Note:

- Instructor: Silicon Valley Dog Club.
- Bring proof of all shots to first class, plus a properly fitted choke chain and a 6' leather leash. **No physical abuse of dogs will be allowed.**
- Do not feed dogs before class and potty at home. No class held in heavy rain.
- Participants should wear good walking shoes to class.
- It is important to attend the first class due to the amount of information given. Each class builds upon the prior class, so consistent attendance is required.



Act. #	Course	Age	Day	Time	Date	Location	# Class	Fee(N-R/Res)*
1903.401	Parent Child Wood.	8+	Su	10:00 am-1:00 pm	Oct 1	Sawdust	1	\$75 / \$65
1906.401	Woodwork Kids	10-13	Sat	9:00am-5:00 pm	Sept 30	Sawdust	1	\$90 / \$80
1907.401	Woodwork Fundam.	18+	Tu/Th	6:00-10:00 pm	Sep 26-Oct 5	Sawdust	4	\$115 / \$105
2714.401	Trad. Chen Family Taiji.	16+	Th	7:30-9:00 pm	Oct 5-Jan 11*	SAL	11	\$133 / \$123
2715.401	Tai Chi Fitness 1	18+	WW	2:00-3:00 pm	Oct 2-Nov 1	MCC	10	\$80 / \$70
2716.401	Tai Chi Fitness 2	18+	WW	2:00-3:00 pm	Nov 6-Dec 13	MCC	12	\$94 / \$84
2716.402	Tai Chi Fitness 2	18+	W/F	9:00-10:00 am	Oct 4-Dec 15*	MCC	20	\$150 / \$140
3501.401	Dog Obedience - Beg.	18+	Th	6:30-7:30 pm	Sep 21-Nov 9	MCC	8	\$60 / \$50
3502.401	Dog Obedience - Adv.	18+	Th	7:30-8:30 pm	Sep 21-Nov 9	MCC	8	\$60 / \$50

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Sport Classes for Adults

Baby & Me Pilates

As a parent, you will be strengthening your core abdominals, lower back, hips, buttocks and pelvic area - the areas most affected by pregnancy. In each of the moves your baby is strategically placed to help you maintain proper form and focus and at times, add resistance. Baby & Me Pilates provides an opportunity to stimulate your body through movement, touch, eye contact and facial expressions, all of which can help enhance your baby's cognitive development and motor skills. Ages 5-weeks-1 year.

Please Note:

- Instructor: Kidz Time.
- Participants should wear comfortable clothes to move around in.

Beginning Golf

Learn the game you can play the rest of your life. Nine-hours of classes will concentrate on fundamentals, including grips, putting, ball-striking, chipping, rules and etiquette. Also learn how to get the most out of your practice.

Ages 16+.

Please Note:

- Instructor: Mark Dorcak (PGA member) and Staff.
- Spring Valley Golf Course.
- Balls must be purchased at range. Arrangements for equipment may be made by calling (408) 956-8381.
- In case of rain, call (408) 956-8381.
- No class held November 25.

Intro to Rock Climbing

Have you always wanted to learn to rock climb? Here's the perfect opportunity to learn in a safe and controlled environment from professional climbing instructors. Students will learn to belay, tie knots, put on a harness and communicate with a climbing partner and safe rope handling techniques. All climbing equipment is included. This is a great way to stay in shape and make new friends! Ages 18+.

Please Note:

- Instructor: City Beach Staff.
- City Beach, 4020 Technology Drive, Fremont.
- Class meets October 16 & 30, November 13 & 27, and December 11.

Tennis - Adult Level 1

Students will learn the basics of rally, the tactical 5 priorities of tennis, and your own 5 goals. Students begin to learn how to read opponents, and how to anticipate what may be coming back to you in response. The focus of this class is to get you playing and rallying as quickly as possible. Rally skills are the main criteria for any of the clinics and classes. The goal is to assist students in that effort. Classes and clinics are set up in logical progression that allows you to learn skills as well as cover basic doubles movements and responsibilities. Ages 16+.

Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.
- No class held November 25.

Tennis - Adult Level 2

Having gone through Level 1, or equivalent, you have the ability to keep a ball in play, and have an idea of what the tactical 5 priorities are. This class will begin building on the skills needed to apply the tactical 5 priorities. You will begin to learn how to vary your shots using spin, depth and pace. As in all the classes, you will be prepared for whatever you encounter on the court with your technical skills as well as mental and emotional toughness. Students will cover doubles play, including learning how to poach and where your coverage responsibilities are. Ages 16+.

Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.
- No class held November 23-25.

Tennis - Adult Advanced

You may have the ability to control a rally and even a weapon or two at your disposal, however, your results are still inconsistent. This class is designed to work on the hidden skills of court positioning and anticipation. The drills and thrills will be fast paced and doubles oriented. Students will learn advanced doubles positioning and gain the understanding to use them in doubles play. Ages 16+.

Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.
- No class held November 23 and November 25.

Sport Classes for Adults

Act. #	Course	Age	Day	Time	Date	Location	# Class	Fee(N-R / Res)*
3572.401	Baby & Me Pilates	5w-6m	M	9:00-9:45 am	Oct 2-30	MCC	5	\$70 / \$60
3572.402	Baby & Me Pilates	5w-6m	Sat	9:00-9:45 am	Oct 7-Nov 4	Sports	5	\$70 / \$60
3572.403	Baby & Me Pilates	5w-6m	M	9:00-9:45 am	Nov 13-Dec 11	MCC	5	\$70 / \$60
3572.404	Baby & Me Pilates	5w-6m	Sat	9:00-9:45 am	Nov 11-Dec 9	Sports	5	\$70 / \$60
3572.411	Baby & Me Pilates	7m-1y	M	10:00-10:45 am	Oct 2-30	MCC	5	\$70 / \$60
3572.412	Baby & Me Pilates	7m-1y	M	10:00-10:45 am	Nov 13-Dec 11	MCC	5	\$70 / \$60
3715.401	Golf - Beginning	16+	Sat	10:00-11:00 am	Oct 7-28	See Desc.	4	\$130 / \$120
3715.402	Golf - Beginning	16+	Sat	11:00am-12:00pm	Nov 4-Dec 2*	See Desc.	4	\$130 / \$120
3715.403	Golf - Beginning	16+	Th	5:30-6:30 pm	Oct 5-26	See Desc.	4	\$130 / \$120
3748.401	Intro Rock Climb	18+	M	7:00-9:00 pm	See Desc.	City Beach	5	\$55 / \$45
3701.401	Adult Level 1	16+	W	6:30-8:00 pm	Sept 13-Oct 4	Hall Pk.	4	\$90 / \$80
3701.402	Adult Level 1	16+	W	6:30-8:00 pm	Oct 11-Nov 1	Hall Pk.	4	\$90 / \$80
3701.403	Adult Level 1	16+	W	6:30-8:00 pm	Nov 8-29	Hall Pk.	4	\$90 / \$80
3701.404	Adult Level 1	16+	W	6:30-8:00 pm	Jan 3-24	Hall Pk.	4	\$90 / \$80
3701.405	Adult Level 1	16+	Sat	10:00-11:30 pm	Sep 9-30	Hall Pk.	4	\$90 / \$80
3701.406	Adult Level 1	16+	Sat	10:00-11:30 pm	Oct 7-28	Hall Pk.	4	\$90 / \$80
3701.407	Adult Level 1	16+	Sat	10:00-11:30 pm	Nov 4-Dec 2*	Hall Pk.	4	\$90 / \$80
3701.408	Adult Level 1	16+	Sat	10:00-11:30 pm	Jan 6-27	Hall Pk.	4	\$90 / \$80
3706.401	Adult Level 2	16+	Th	6:00-7:30 pm	Sept 14-Oct 5	Hall Pk.	4	\$90 / \$80
3706.402	Adult Level 2	16+	Th	6:00-7:30 pm	Oct 12-Nov 2	Hall Pk.	4	\$90 / \$80
3706.403	Adult Level 2	16+	Th	6:00-7:30 pm	Nov 9-Dec 7	Hall Pk.	4	\$90 / \$80
3706.404	Adult Level 2	16+	Th	6:00-7:30 pm	Jan 4-25	Hall Pk.	4	\$90 / \$80
3706.405	Adult Level 2	16+	Sat	10:30am-12:00pm	Sep 9-30	Hall Pk.	4	\$90 / \$80
3706.406	Adult Level 2	16+	Sat	10:30am-12:00pm	Oct 7-28	Hall Pk.	4	\$90 / \$80
3706.407	Adult Level 2	16+	Sat	10:30am-12:00pm	Nov 4-Dec 2*	Hall Pk.	4	\$90 / \$80
3706.408	Adult Level 2	16+	Sat	10:30am-12:00pm	Jan 6-27	Hall Pk.	4	\$90 / \$80
3720.401	Adult Adv.	16+	Tu	6:00-7:30 pm	Sep 12-Oct 3	Hall Pk.	4	\$90 / \$80
3720.402	Adult Adv.	16+	Tu	6:00-7:30 pm	Oct 10-31	Hall Pk.	4	\$90 / \$80
3720.403	Adult Adv.	16+	Tu	6:00-7:30 pm	Nov 7-28	Hall Pk.	4	\$90 / \$80
3720.404	Adult Adv.	16+	Tu	6:00-7:30 pm	Jan 2-23	Hall Pk.	4	\$90 / \$80
3720.405	Adult Adv.	16+	Sat	9:00-10:30 am	Sep 9-30	Hall Pk.	4	\$90 / \$80
3720.406	Adult Adv.	16+	Sat	9:00-10:30 am	Oct 7-28	Hall Pk.	4	\$90 / \$80
3720.407	Adult Adv.	16+	Sat	9:00-10:30 am	Nov 4-Dec 2*	Hall Pk.	4	\$90 / \$80
3720.408	Adult Adv.	16+	Sat	9:00-10:30 am	Jan 6-27	Hall Pk.	4	\$90 / \$80

* = Fees are listed as Non-resident / Resident prices.

Tennis Rainout Hotline (408) 569-3109

Please call prior to class for
rainy weather updates



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September 7 for Milpitas residents
September 21 for non-residents

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canceled a few days prior to their
start dates.

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